



My Future

Jobs Career



Dream

When you dream about your future, what job would you like to do?

You can get help in discovering your interests and talents at Michigan Rehabilitation Services, often called "MRS." There are MRS offices across the entire state of Michigan.

MRS counselors work one-on-one with teens and young adults who want to prepare for an interesting career or get a good job. A counselor can help you:

- learn your strengths and abilities
- choose a career that is right for you
- select and reach your job goal

Your counselor will tell you about the many services available through MRS. You choose the services that will help you fulfill YOUR DREAM.

Explore

There's nothing like the adventure of exploring new places and ideas! Here are some examples of the job-finding services you may want MRS to help you with:

- discovering your interests and talents
- learning about different jobs
- participating in on-the-job training
- applying for technical or business school, or college
- preparing a resume and cover letter
- learning interview techniques
- finding a job
- getting an accommodation or assistive technology

Your counselor can talk with you about these services and who may help to provide them.

PLAN

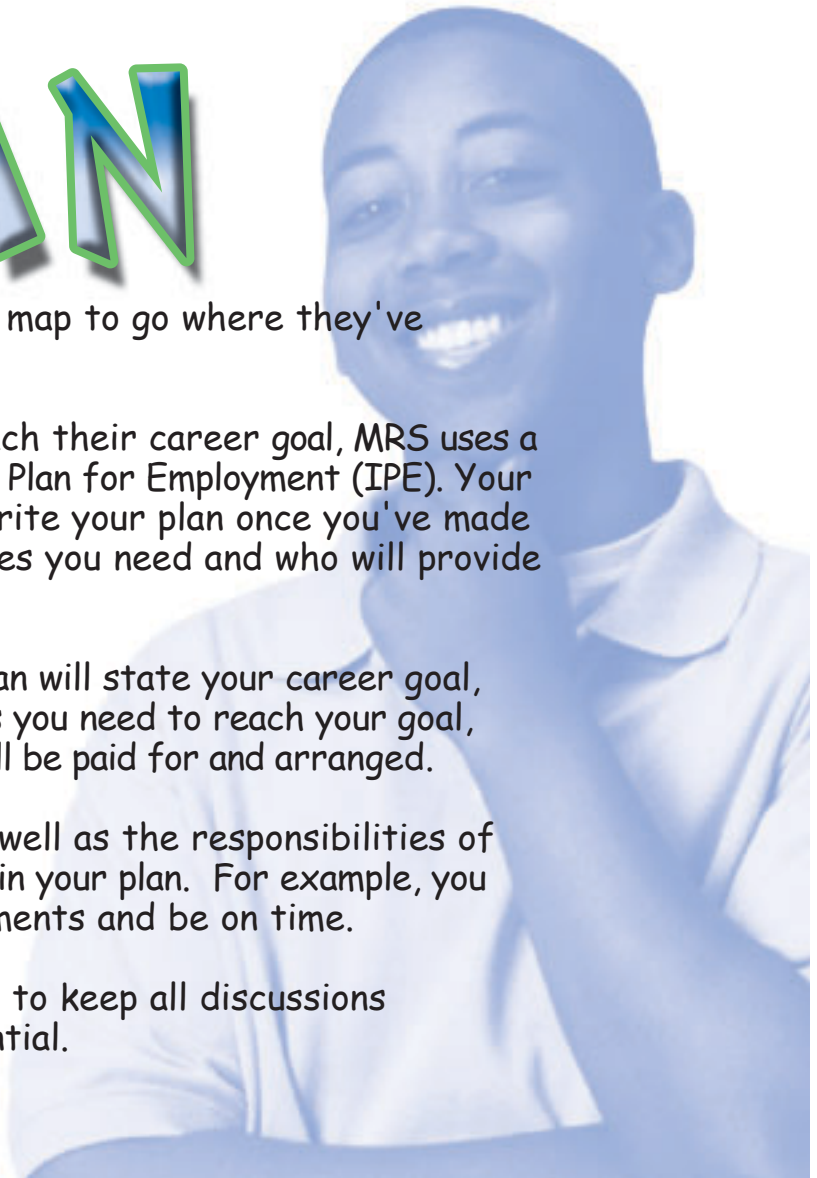
Everyone needs a road map to go where they've never been before.

To help young people reach their career goal, MRS uses a "map" called an Individual Plan for Employment (IPE). Your counselor can help you write your plan once you've made choices about the services you need and who will provide them.

When completed, your plan will state your career goal, the services and supports you need to reach your goal, and how these services will be paid for and arranged.

Your responsibilities, as well as the responsibilities of MRS, will be spelled out in your plan. For example, you need to keep all appointments and be on time.

MRS has a responsibility to keep all discussions and information confidential.



GETTING STARTED

Teens (and adults, too) are eligible for MRS services if they can answer "yes" to these questions:

- Would you like to work?
- Do you have a disability? Some examples are learning problems, emotional problems, epilepsy, cerebral palsy, and spinal cord injury.
- Does your disability cause problems in learning or working at a job?
- Will services from MRS help you prepare for a job or career?

MRS provides job counseling, career exploration, and help in finding a job, all free of charge. Your counselor may arrange for you to use the services of other community agencies. You or your family may be asked to pay for other services if you or they are able to do so.

If college is right for you, MRS may help with academic expenses if you have applied for student financial aid.

If you would like MRS to help you focus on your future, tell your teacher or school counselor--or call the number on the attached business card. Let's get started!

Surf

Check out these Web sites for more
career planning information:

www.michigan.gov

www.michigan.gov/careers

www.mydreamexplorer.org



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